



Supper Club Grocery List #115

Produce Section

- ☐ 3 apples
- ☐ 1 large apple or two small, cored and diced
- ☐ 1 butternut squash
- ☐ 4 stalks celery, sliced
- ☐ 3 carrots, grated
- ☐ 1 medium spaghetti squash
- ☐ 1 onion, diced
- ☐ 1 large onion, diced
- ☐ 3 cups sliced leek greens and whites
- ☐ 3 red peppers, (2 cut into large chunks, 1 diced)
- ☐ 4 cups fresh spinach
- ☐ 150 g (½ package) frozen spinach, defrosted
- ☐ 300 g mushrooms, diced

Baking Aisle

- ☐ 390 g ciabatta bread or rolls

Dairy/Refrigerated Section

- ☐ ½ cup cream cheese
- ☐ 750 g cottage cheese
- ☐ 3 eggs
- ☐ 300 g mozzarella cheese, grated
- ☐ ½ cup parmesan cheese, grated

Canned Goods Aisle

- ☐ 2 cans (540 ml or 18 oz each) chickpeas, or 3 cups boiled chickpeas
- ☐ 1 can (680 ml or 23 oz) tomato sauce
- ☐ Marinara sauce (1 cup, ½ cup)
- ☐ Vegetable broth (4 cups)
- ☐ 1 tbsp chicken better than bouillon

Spices/Seasoning Aisle

- ☐ 1 tsp cinnamon (1 tsp, dash)
- ☐ ¼ tsp chili flakes
- ☐ ½ tsp chili powder
- ☐ 2 tsp ancho chili powder
- ☐ 1 tsp coriander
- ☐ ½ tsp fennel seeds
- ☐ ground cloves (⅛ tsp, dash)
- ☐ 1 tsp ground cumin
- ☐ ⅛ tsp nutmeg
- ☐ 1 tsp oregano
- ☐ ½ tsp salt (1 tsp, ½ tsp, ¼ tsp)
- ☐ ⅛ tsp freshly cracked pepper
- ☐ 2 tbsp smoked paprika
- ☐ 3 tbsp yellow curry paste
- ☐ salt for sprinkling

Grains & Pantry Staples

- ☐ Rice, quinoa, or couscous (for serving)

Meat/Poultry Section

- ☐ 1 lb (450 to 500g) ground pork
- ☐ 1 lb lean ground beef
- ☐ 200g (½ lb) shrimp, chicken, paneer, or tofu (choose one)

Oils and Condiments

- ☐ Balsamic vinegar, ¼ cup
- ☐ Canola oil, 1 tbsp
- ☐ Olive oil, (3 tbsp, 1 tsp)
- ☐ Maple syrup (¼ cup, 2 tbsp)
- ☐ Red wine vinegar (2 tbsp)